



Firmstone Manor

Clifton Forge, Virginia

Virginia Green is the Commonwealth of Virginia's campaign to promote environmentally-friendly practices in all aspects of Virginia's tourism industry. *Virginia Green* has established "core activities" specific to each sector of tourism, and these practices are considered the required minimum for participation in the program. However, *Virginia Green* encourages its participants to reduce their environmental impacts in all aspects of their operations; and this profile provides a full list of all their "green" activities. These are the activities that guests / customers can expect to find when they visit this facility.

Firmstone Manor

"Bed and Breakfast 1873 historic Victorian with five rooms and two cottages set on fourteen acres."

Green Statement: "We always were green. I was brought up that way, conserving energy, avoiding disposables and wasting anything was wrong. I was brought up in Europe where gasoline was \$4 a gallon 20 years ago, so bicycles were the main transport and organic the norm."



CORE ACTIVITIES for Lodging

☑ This symbol indicates a required activity for Virginia Green Lodging facilities. Participants self-certify that these activities are in place and they provide additional specifics on other activities. Visitors to **Firmstone Manor** can expect the following practices:

☑ **Optional Linen Service.** Virginia Green Lodging facilities must have some sort of system in place that allows guests to not have their sheets and towels changed every day. This facility pledges that they:

- Change linens only upon request
- Train house cleaners on process for optional linen service
- Purchase water and energy efficient washers and dryers
- Use non-phosphate, non-toxic, and biodegradable laundry detergents
- Minimize use of bleach and chlorinated chemicals
- Line dry linens whenever possible

☑ **Recycling and Waste Reduction.** Virginia Green Lodging facilities must recycle Glass Bottles and are highly encouraged to maintain a comprehensive recycling program. This facility pledges that they:

- Recycle: glass, aluminum cans, plastic, office paper, toner cartridges, newspaper, cardboard, packing supplies, fluorescent lamps, batteries, electronic equipment
- Track overall waste bills
- Have numeric goal to reduce overall materials that go to the landfill
- Use bulk soap dispensers instead of individual soaps
- Fill up shampoo bottles
- Instruct housekeeping to save and reuse unopened items

- Do not use Styrofoam
- Use reusable dishware and glassware, and minimize use of disposables
- Purchase cups to promote/allow effective recycling
- Avoid using any disposables
- Use non-bleached napkins and coffee filters
- Provide condiments , cream and sugar, etc. in bulk
- Use water pitches and filtered water to minimize the use of single-use bottles
- Donate excess food from events
- Compost food waste and other compostables
- Have an effective food inventory control to minimize waste
- Purchase locally grown produce and other foods
- Purchase organic and “sustainably-grown” foods
- Have heirloom organic garden and all organic orchard
- Purchase recycled-content paper towels and toilet paper
- Encourage suppliers to minimize packaging and other waste materials
- Purchase from vendors and service providers with a commitment to the environment
- Make 2-sided copies/ printed materials
- Use electronic correspondence and forms
- Use “green” cleaners that are dispensed in bulk
- Have installed high efficiency hand-dryers in restrooms
- Purchase durable equipment and furniture
- Purchase low VOC carpets and fabrics
- Use reused building materials or those from sustainable sources
- Use latex paints
- Re-use paint thinners
- Properly recycle/dispose of thinners and solvents
- Perform preventative maintenance on all appliances, HVAC systems, plumbing, and vehicles
- Use a last-in/first-out inventory and labeling system
- Use less toxic materials
- Minimize the use of pesticides and herbicides
- Use a nutrient management plan that minimizes the use of fertilizers
- Use integrated pest management (IPM)
- Do not send Christmas cards



☒ **Water Conservation.** The facility must have a plan for conserving water that should consider plumbing modifications and landscaping. This facility pledges that they:

- Have an artesian spring
- Have a numeric goal to reduce water consumption over time
- Perform preventative maintenance to stop drips and leaks
- Have:
 - high efficiency dishwashers
 - low flow restrictors on faucets and showerheads
 - low flow toilets
 - waterless urinals
 - composting toilets
 - automatic faucets or toilets in public restrooms
- Discourage water-based cleanup (sweeping first) and use microfiber technology mops
- Maintain vegetative buffers around streams and ponds

☒ **Energy Conservation.** The facility must have a plan in place that encourages replacement of lighting and equipment to energy-efficient alternatives. This facility pledges that they:

- Track overall energy bills
- Have a numeric goal of how much they want to reduce their energy usage over time
- Have an “energy management system” in place to track and meter energy usage
- Presently working on windmill power and have supplemental solar
- Use ceiling fans

- Perform preventative maintenance on HVAC system
- Have geothermal cooling
- Have individual thermostats for each room/area
- Have installed additional insulation
- Use natural lighting
- Use lighting sensors to turn on/off lights
- Purchase EnergyStar-rated computers, copiers, and appliances
- Have thermal-rated windows and insulation
- Use fuel efficient vehicles or hybrid vehicles

☒ **Green Events Package.** The facility must offer a “green” or “environmentally-friendly” package for conferences, meetings and other events. Even if the facility only offers occasional, small events, at least recycling will be provided. This facility pledges that they:

For more information on **Firmstone Manor**, see www.firmstonemanor.com or contact **Barbara Jarocka** at Barbara6505@aol.com or **540-862-0892**.

For more information on *Virginia Green Lodging* program, see www.deq.virginia.gov/p2/lodging or go to www.viriniagreentravel.org.



Virginia Green Lodging program is a supporting partner of *Virginia Green*, the Commonwealth’s campaign to encourage environmentally-friendly practices in all aspects of Virginia’s tourism industry. *Virginia Green* is supported through a partnership between the Virginia Department of Environmental Quality, the Virginia Hospitality & Travel Association, and the Virginia Tourism Corporation.

